



# Safe Sleep

## For Your Baby



**Do Not Smoke**



**No Toys in Crib**



**Put Baby to Sleep in Crib**



**Put Baby on Back to Sleep**



**No Bumper Pads or  
Pillows in Crib**



**Use a Tight Fitting Sheet**



**Do Not Overheat or Overdress**



**Baby Should Sleep  
on a Firm Mattress**

Remember the **ABC's** of Safe Sleep:  
Babies should sleep **A**lone, on their **B**ack, and in a **C**rib.

**Tennessee Department of Health**  
**[safesleep.tn.gov](http://safesleep.tn.gov)**



Department of Health Authorization No. 343123 No. of copies: 20,000. This public document was promulgated at a cost of \$.07 per copy. 03/12